

Cranio Cervical Flexion Test

CRANIO CERVICAL FLEXION TEST

Name: _____ Age: _____
Date: _____ dd / mm / yyyy Examiner: _____

PRE-TEST CHECKLIST:

- ☐ Pressure biofeedback unit is calibrated
- ☐ Examination room has adequate space and privacy
- ☐ Confirm the patient has no recent neck injuries or surgeries

Test procedure Have the patient lie down in a supine crook lying position on a flat, stable surface. Place the pressure biofeedback unit under the neck. Inflating the pressure biofeedback unit to a baseline pressure of 20 mmHg. Instruct the patient to slowly perform a nodding action with their head and then hold it, attempting to increase the unit's pressure to 22 mmHg. Maintain this for 10 seconds. Monitor for substitution movements, (such as head retraction or elevation), palpable activity in the sternocleidomastoid or anterior scalene muscles, and the ability to return to baseline pressure between attempts. If the patient manages to hold without substitution movements or jerkiness, increase the target pressures progressively through stages (24, 26, 28, 30 mmHg), each held for 10 seconds, assessing the patient's ability to maintain each pressure increment without visible strain or use of accessory muscles.

TEST FINDINGS

Effective pressure maintenance:

Patient's comfort level:

Examiner's additional notes:

HEALTHCARE PROFESSIONAL'S INFORMATION

Name: _____ License number: _____
Phone number: _____ Email: _____
Name of practice: _____